

Shamrock 5K Trail Run

Records

Men

Women

Jonas Zimmerman (12)	18:14.8	Heather Lambert (11)	20:41.3
Jamie Doyle (10)	18:39.2	Courtney Klein (10)	22:03.9
Jamie Doyle (12)	18:40.0	Megan Roper (09)	22:47.3
Andrew Pauley (08)	18:55.5	Corinne Makarewich (06)	23:18.8
Will Jacob (07)	19:03.2	Lois Gullman (09)	23:38.6
Jamie Doyle (11)	19:05.1	Jenny Kuszyk (10)	23:41.6
Jason Brehm (12)	19:13.7	Stephanie Parlee (12)	23:54.5
David Vincie (12)	19:20.4	Kelly Ran (10)	24:21.6
Joe Rudmin (12)	19:31.7	Susan Dendinger (06)	25:00.2
Jonathon Strine (09)	19:32.4	Jenny Kuszyk (09)	25:14.6

The Shenandoah Valley High Rollers are a wheelchair basketball team competing in the Capital Conference of the National Wheelchair Basketball Association. The team offers an opportunity for individuals in our area with spinal cord injuries or other permanent lower limb disabilities to have a competitive, recreational outlet. The team consists of individuals from the Harrisonburg / Rockingham / Augusta area. This program is run through a joint effort between the Harrisonburg Department of Parks and Recreation and the Mid-Atlantic Wheelchair Athletic Association, both of which are tax-exempt, non-profit organizations.

